

Hair Washing Modifications

Puberty can cause hair to get dirty or greasy more quickly. Try these modifications if regular hair washing is a challenge.

Dry Shampoo



Dry shampoo to masks greasy hair.
-A small amount of baby powder can work as well!

No-rinse Shampoo Cap



Rinse free shampoo caps allow you to wash your hair without having to get hair wet or shower.

2 in 1 Products



2-in-1 shampoo + conditioner products can decrease the amount of time spent washing hair

Detangler Spray



Detangling and conditioning sprays support hair brushing without conditioning hair in the shower.

Scalp Massager/Brush



Using a scalp massager or shampoo brush can decrease sensitivity to hands and provides deeper pressure to scalp.

Shower Visor



Shower visors keep water & soap off of face during hair washing. A damp towel wrapped around the head works too!

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Hair Salon



Many hair salons offer hair washing services.

Oil Control Products



Hair washing products designed to control oil production in hair decrease how often hair washing must occur.

Oil Blotting Sheets



Oil blotting sheets absorb excess oils and grease from hair without needing to shower.

Tear-free Shampoos



Tear-free shampoo options cause less discomfort when shampoo gets in your eyes.

Fragrance Free Products



Fragrance free products can decrease sensory overwhelm of hair washing by eliminating intense odors.

Hair-wash Schedule



Gradually increase your hair wash intervals by adding one day every 1-2 weeks, starting by switching from daily to every other day.